



# Coordinators' Communique

## State Health Plan Prevention Partners

April 2006/May 2006

Dear Prevention Partners Coordinator:

### **April 28<sup>th</sup> Spring Walk Welcomes STEVE-FM**

Don't forget that the 2006 Prevention Partners Spring Wellness Walk will be taking place on Friday, April 28. As always, the kick-off site will be at scenic Riverfront Park in Columbia and will feature lots of snacks, door prize donations from local businesses, and music from Columbia's hottest new radio station STEVE-FM! We promise you a day of fun, and hope to show you why walking is America's most popular exercise. The benefits are many, including helping control weight, blood sugar and cholesterol levels, reducing blood pressure and psychologically, walking generates an overall feeling of well-being, and can relieve depression, anxiety, and stress by producing endorphins, the body's natural tranquilizer. Plus it's one of the easiest ways to be physically active. You can do it almost anywhere and at any time. It's inexpensive, and all you need is a pair of shoes with sturdy heel support.

Also, the 2006 walk t-shirts have finally arrived. This year's t-shirts are bright white with an oversized palmetto tree and crescent moon on the back in blue with the words "Prevention Partners" underneath. The exact design is pictured below. To obtain an order form, simply go to [www.eip.sc.gov](http://www.eip.sc.gov) and click on "Prevention Partners" on the left side of the screen. There you will find the Spring Wellness Walk T-shirt Order form in the box titled "What's New". If you have any questions regarding the shirts or the walk, call Prevention Partners at (803) 737-3820.

This  
year's  
t-shirt  
design



### **Preventive Worksite Regional Screenings**

For those who would like to participate in one of our regional screenings, the next two are as follows:

- |               |                     |                 |
|---------------|---------------------|-----------------|
| • Columbia    | SouthTrust Building | May 2 & 3, 2006 |
| • Spartanburg | Spartanburg Tech    | May 11, 2006    |

Registration forms are available approximately six weeks prior to a screening and can be obtained from our website, [www.eip.sc.gov](http://www.eip.sc.gov) (click on "Prevention Partners" and go to "Early Detection"). For more information or to have a registration form faxed to you, contact Elliott McElveen at (803) 737-0112 or email him at [emcelveen@eip.sc.gov](mailto:emcelveen@eip.sc.gov).

### **Chronic Disease Workshops**

We have two workshops coming up in the near future. Workshops are open to all employees, their dependents and retirees. The workshops currently scheduled are as follows:

Get the Most From Your Medications	April 5, 2006	Spartanburg	Noon – 1:30 p.m.
Weight Loss Skills Workshop	April 12, 2006	Darlington	1:30 p.m. – 4:00 p.m.
Asthma and Allergies Workshop	May 2, 2006	Columbia	Noon – 1:30 p.m.

Registration forms for any of our workshops will be available approximately one month prior to the workshop date and can be obtained from our website, [www.eip.sc.gov](http://www.eip.sc.gov) (click on "Prevention Partners" and go to "Disease Management").

### **Health at Work Conference**

The annual Prevention Partners "Health at Work" conference will be held on Thursday, May 18, 2006 at the Riverbanks Zoo and Garden in Columbia. "Health at Work" is designed to educate and enhance the skills of volunteer Prevention Partners coordinators and benefits administrators. This year's speakers and their topics are as follows:

- Michael J. Mueller - Caregivers: Your Role in Planning for the Future
- Patricia Witherspoon, M.D. - Women's Health
- Denise Hunter - Electronic Registration and Enrollment
- Dawndy Mercer - Lunch Speaker
- Dr. Gary Ewing - Consumer Health: Your Role in Quality Care
- Jaine Solan - Free & Clear Inc.: Tobacco Cessation Program

The fee for this year's conference is only \$45, which includes all conference materials, lunch, and admission to Riverbanks Zoo and Garden. If you would like more information on this conference, call our office at (803) 737-3820.

#### **Contents of this mail-out are:**

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